



**BLITZ MANUAL  
TREADMILL  
SKU: MN-TRDML  
PO:**



## INSTRUCTION MANUAL

   BELLSOFSTEEL

# BUILDING STRENGTH, ONE BOLT AT A TIME.



## Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

**Kaevon Khoozani**



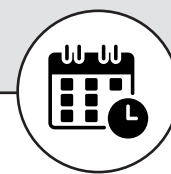
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

**@BELLSOFSTEEL**



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Changed your mind? No sweat. 30-day refund guarantee:

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### Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



### Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

# BEFORE WE BEGIN, LET'S STAY SAFE.



## A GUIDE TO SAFETY

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We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

**LET THE GAINZ BEGIN**

# BLITZ MANUAL TREADMILL

## INSTRUCTION MANUAL

### Table of Contents

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### Before Assembling

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Always follow the steps in this manual as you assemble your machine. Do not skip, substitute or modify any steps or procedures of this assembly, as doing so could result in personal injury and will void your warranty.

### Unpacking the Treadmill

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Carefully remove the treadmill from the cardboard box. Lay out all the components and check to assure all parts are present and undamaged. If parts are missing or damaged contact your local dealer or distributor. After unpacking and verifying parts, you are ready to start your assembly.

You need an area that is free of dirt, dust or other foreign material that could impair the assembly of your treadmill.

### Hardware Kit List

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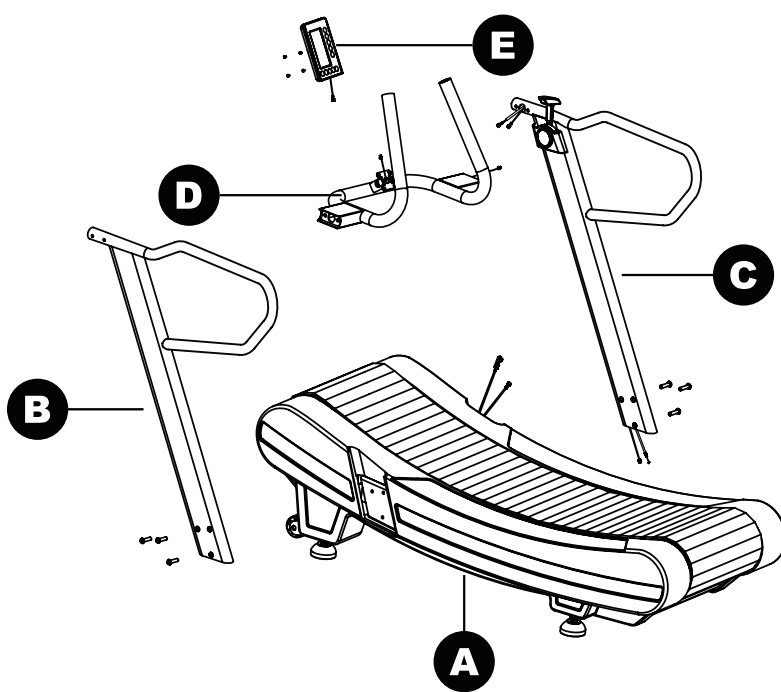
Description	QTY
Hexagon Socket Button Head Screw M10 x 50 mm	6
Hexagon Socket Button Head Screw M8 x 50 mm	4
Curved Washer	4
Phillips Screwdriver	1
5mm Allen Wrench	1
6mm Allen Wrench	1



NOTE: The substitution or modification of any part or component will void your warranty.






# Parts Inventory

Item	Description	QTY
A	Main Frame	1
B	Console Mast - Left	1
C	Console Mast - Right	1
D	Handlebar Set	1
E	Console	1
F	Hardware Kit	1

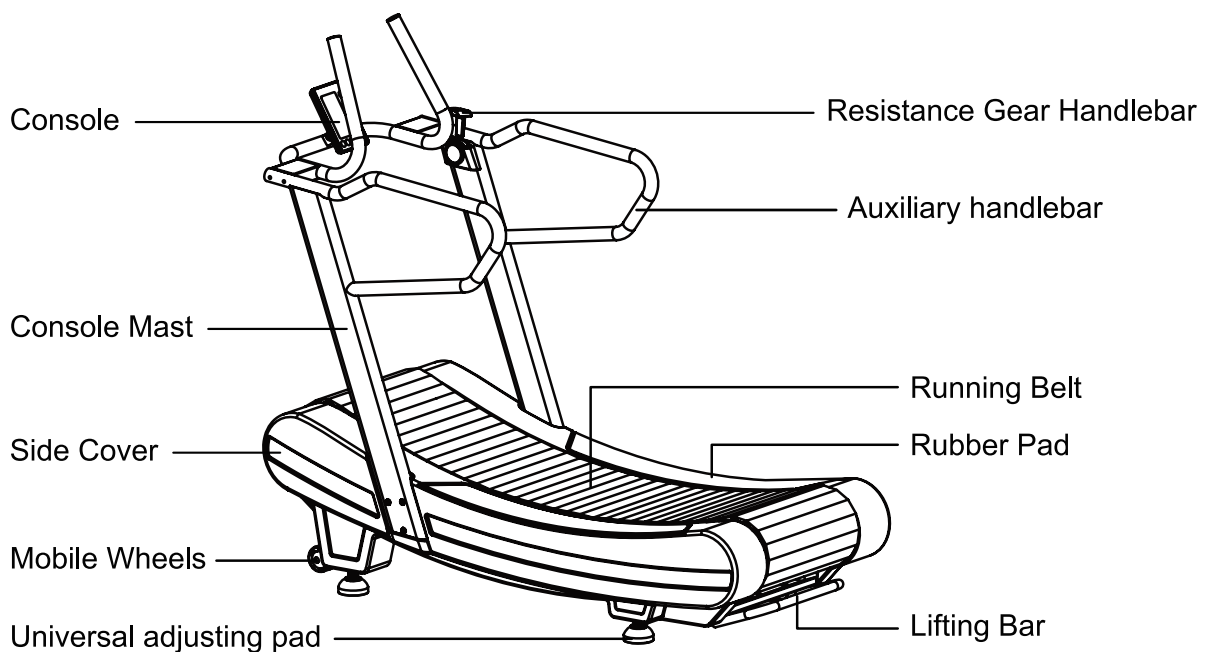


**F**

**HARDWARE KIT**

-  Hex Socket Button Head Screws M10x50L(6pcs)
-  Hex Socket Button Head Screws M8x55L(4pcs)
-  Curved Washer M8(4pcs)
-  Allen key M6(1pc)
-  Allen key M5(1pc)

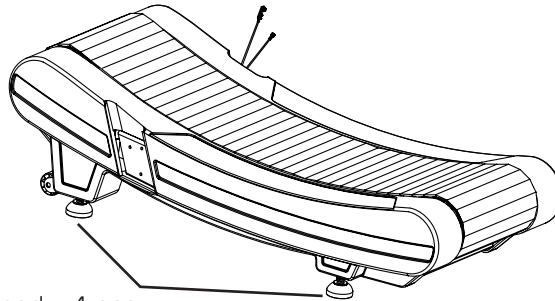
# Component Diagram



# Assembly Instructions

## ① Leveling the treadmill.

Adjust these pads until the treadmill rests completely at on the ground.

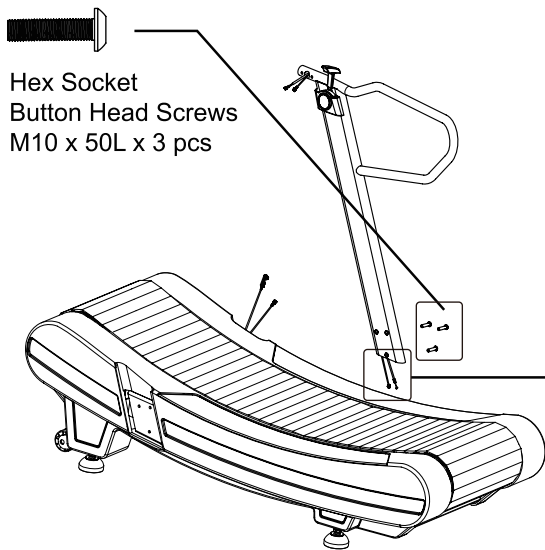


Universal adjustable pad x 4 pcs



**WARNING:** It's extremely important that pads are correctly adjust to proper postions. An unbalanced unit may cause running belt misalignment or other issues.

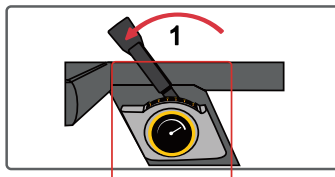
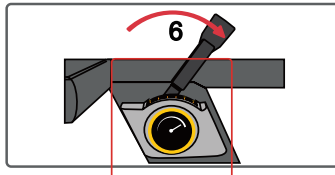
## ② Connect RPM sensor wire and tension steel wire, then assemble the right upright post on the main frame.



A. Connect RPM sensor wire as below.



B. The default value of resistance is 6 before connecting the tension steel wire, please shift the gear to level 1 after connection. (As below)

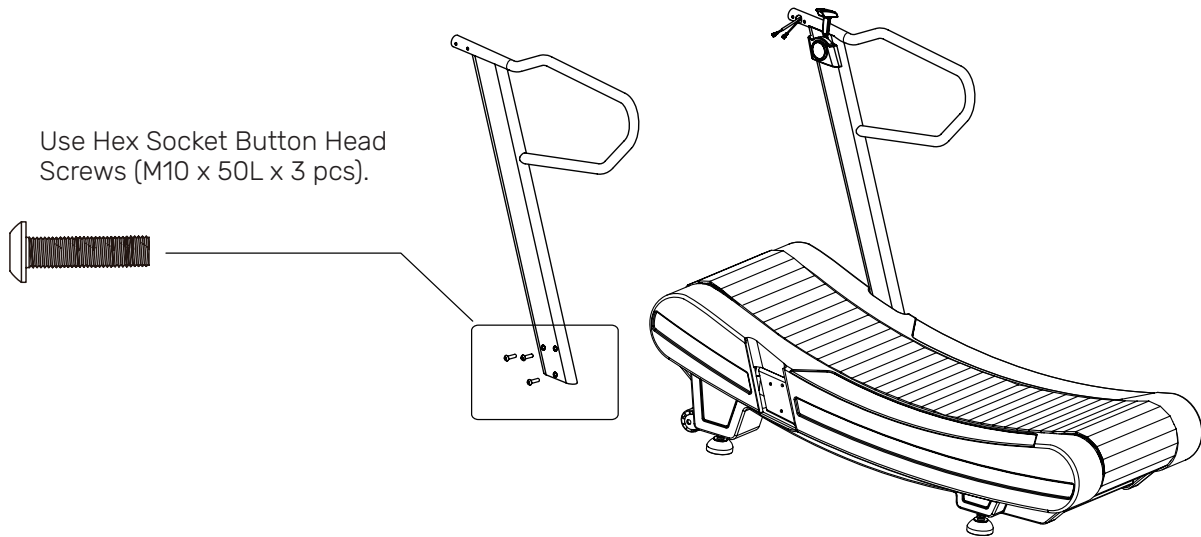


C. Put all connections in proper position.



**WARNING:** Please pay attention to the wires in case of the broken damage by assembling the upright post on the main frame.

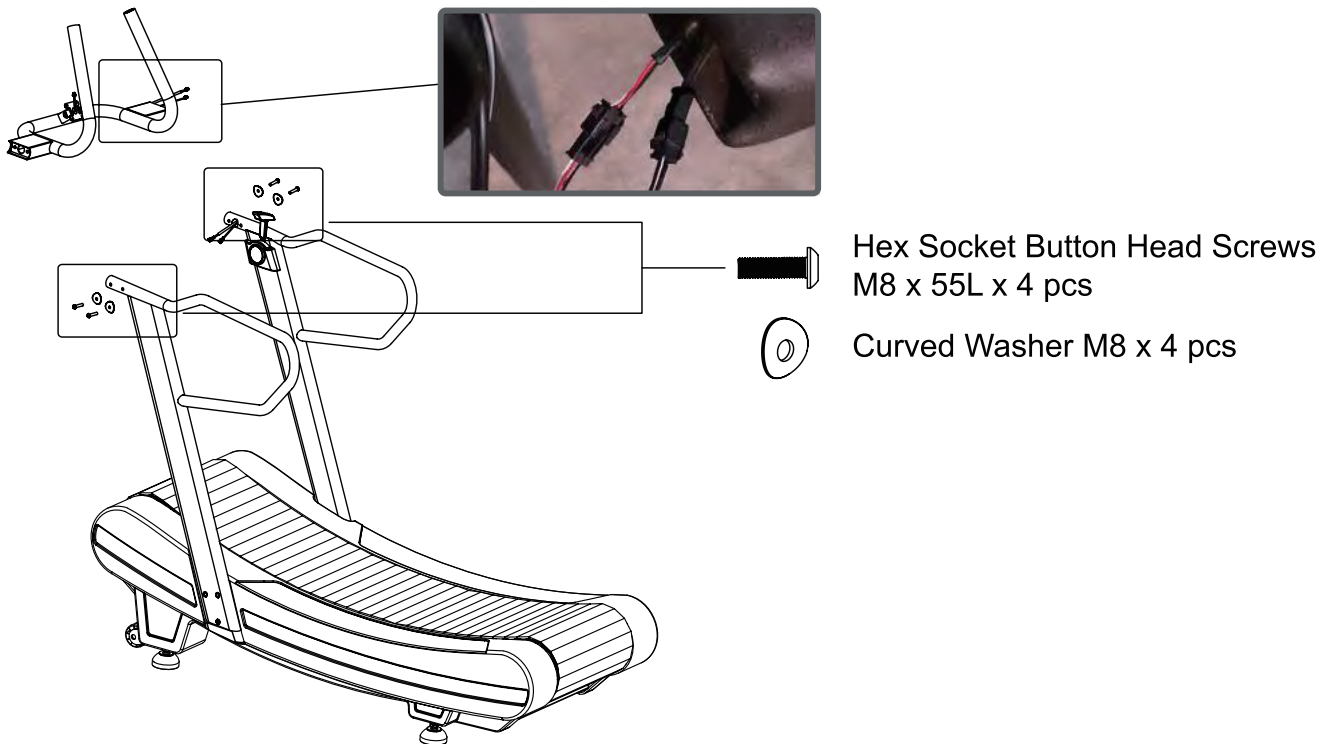
③ **Mount the left console mast to the main frame.**



④ **Assemble the handlebar set.**

Use Hex Socket Button Head Screws (M8 x 50L) and Curved Washers to mount the handlebar between the left console mast and right console mast.

※ Connect RPM and resistance wires then put connections inside the tube.

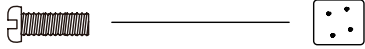




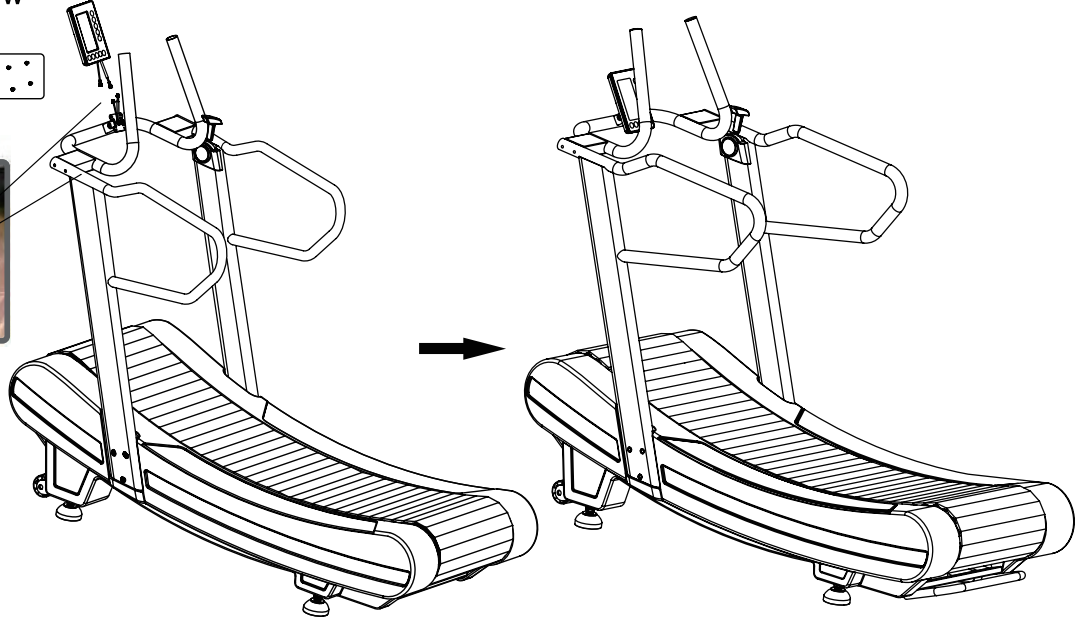
NOTE: Please put all connections in proper position before assembling the console mast.

⑤ **Mount the console on the rack of the handlebar.**

Phillips Pan Head Screw  
M5 x 12L x 4 pcs



※ Connect RPM and resistance wires.

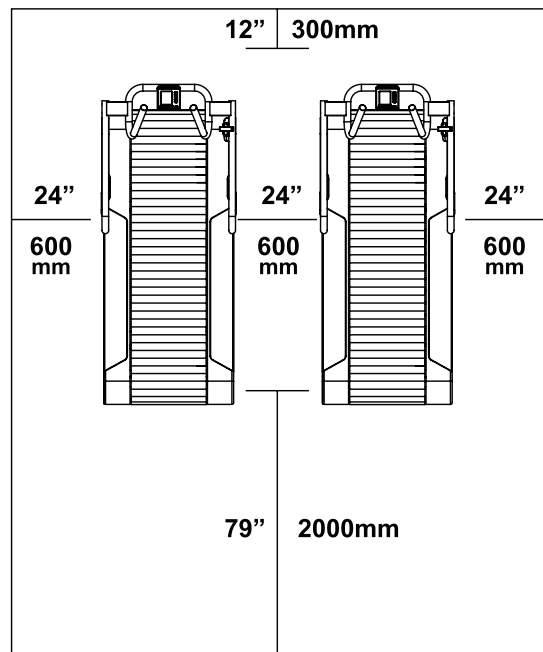


**Finished Assembly**

## Location Requirements

Place the treadmill on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Put your treadmill in an area with cool temperatures and low humidity. Leave a clear zone around the treadmill clear of obstruction. Do not place the treadmill in any area that will block any vent or air openings.

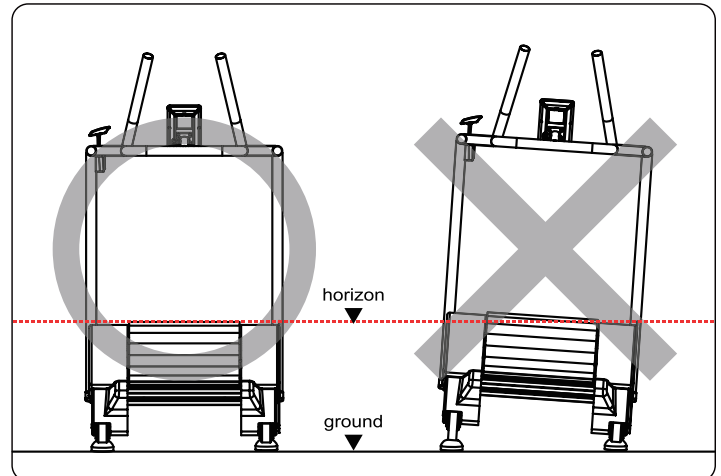
The treadmill should not be located in a garage, patio, near water or outdoors.





## Transporting Your Treadmill

CAUTION: This treadmill is heavy and could cause injury if proper lifting techniques are not utilized. Lifting Bars are attached at the rear end of the treadmill. When moving the treadmill over short distances, two people can lift using these bars, tilting the treadmill onto its front wheels. (NOTE: Be sure to use correct lifting posture to avoid straining any muscles.) Lifting bars are attached to the bottom rear of the treadmill. Do not pull or lift on the cosmetic covers. If a flat dolly is available, place the dolly underneath the treadmill and push it to the desired location. If the treadmill must be disassembled, the cosmetic covers and the handrail assembly could be removed for easier transportation.



**NOTE:** After assembly, check that the height of all four “Universal adjusting pads” is the same and make sure that both sides of the treadmill are parallel when you look from the front. If the treadmill is askew, it may be damaged and could possibly injure you during a workout.

## Display Overview

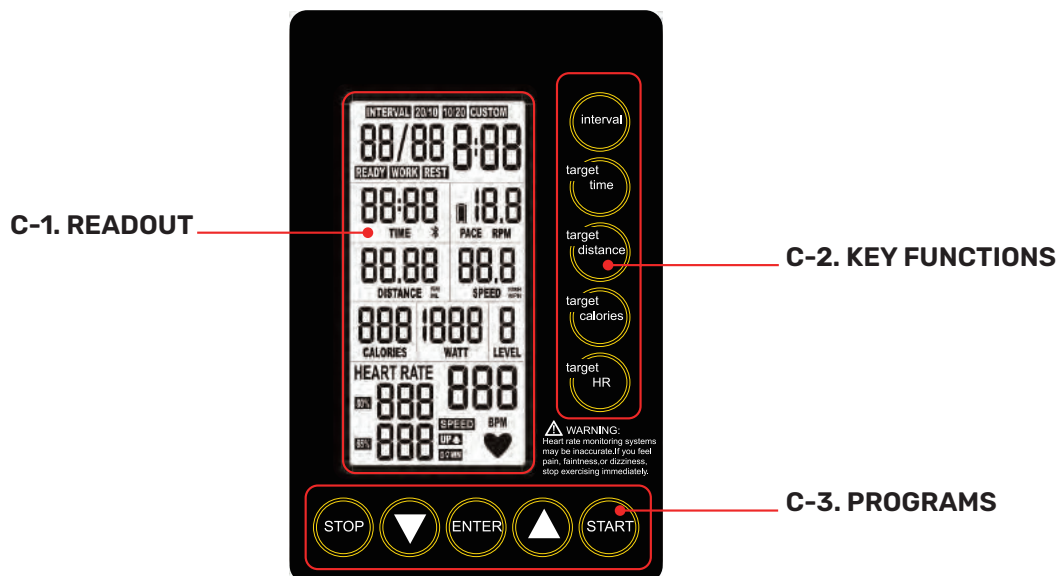
### (A) Input Power:

Install 4 AA batteries into the monitor, it should make a beep sound before turning on.

### (B) Sleep Mode:

The computer will enter Sleep Mode (LCD off) when there is no signal input or no key is pressed after 1 minute. Press any key to wake up the system from Sleep Mode. It will also wake up once receiving the R.P.M. signal input.

### (C) Sleep Mode:



## C-1. READOUT

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**INTERVAL:** Displays the remaining interval rounds and seconds of working & rest.

**TIME:** Shows your elapsed workout time in minutes and seconds. The computer will automatically count up from 0:00 to 99:59 in one-second intervals.

**PACE:** Your pedal cadence.

**DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.99 KM.

**SPEED:** Displays your workout speed value in KM per hour from 0.0 to 99.9.

**CALORIES:** The computer estimates the cumulative calories burned at any given time during your workout.

**WATT:** The energy generated by running during the workout.

**LEVEL:** There are 6 segments for the load adjustment.

**BPM:** Displays your current heartbeat.

- **HEART RATE 80%:** Displays suggested upper limit of heart rate based on the age you entered.
- **HEART RATE 60%:** Displays suggested lower limit of heart rate based on the age you entered.

## C-2. KEY FUNCTIONS

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**Start:** Press the “**Start**” key to begin your workout.



**Stop:** Press “**Start**” to continue the function or press “**Stop**” back to standby mode.



**Enter:** After setting a mode, press this key to save the setting



**Up:** When setting a mode (after pressing program key), press the key to increase the value.



**Down:** During setting a mode (after pressing program key), press the key to decrease the value.

## C-3. PROGRAMS

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### 1. INTERVAL: There are three kinds of mode that can be chosen.

#### A. Interval 20/10 – working 20 secs and 10 secs rest

1. Press **"Interval"** key once at standby mode, then set up the number of round by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.

#### B. Interval 10/20 – working 10 secs and 20 secs rest

1. Press **"Interval"** key twice at standby mode, then set up the number of round by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.

#### C. Custom Interval

1. Press **"Interval"** key 3 times at standby mode, then set up the number of round and seconds of work & rest by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.



### 2. TARGET-TIME:

1. Press **"Target Time"** key to set up the time value by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.

Once the time goal as been reached, the monitor will beep and reset itself to it's default setting.



### 3. TARGET-DISTANCE

1. Press **"Target Distance"** key to set up the distance value by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.

Once the distance goal as been reached, the monitor will beep and reset itself to it's default setting.



#### 4. TARGET-CALORIES

1. Press **"Target Distance"** key to set up the calories value by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting.
3. Press **"Start"** key to begin your workout.

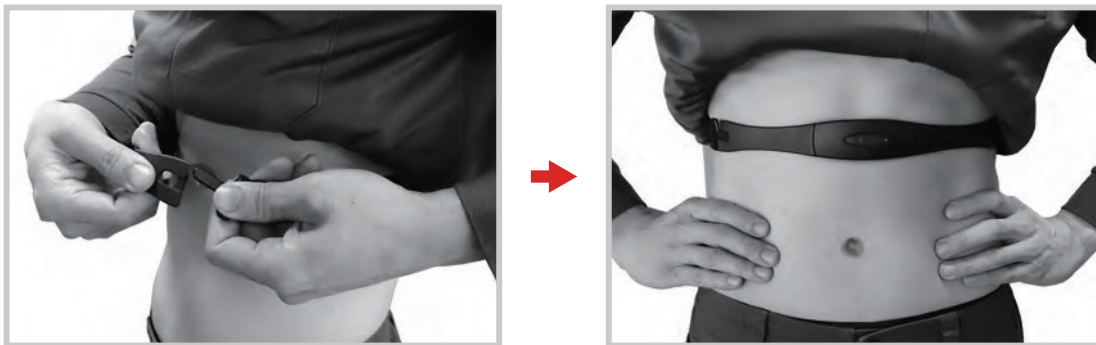
Once the calorie goal has been reached, the monitor will beep and reset itself to its default setting.



#### 5. TARGET-HR

1. Press **"Target HR"** key to set up your age by using **"UP"** and **"DOWN"** keys.
2. Press **"Enter"** key to save the setting and the suggested heart rate based on the entered age will show.
3. Press **"Start"** key to begin your workout.

Please wear the wireless piece like so before using this program.

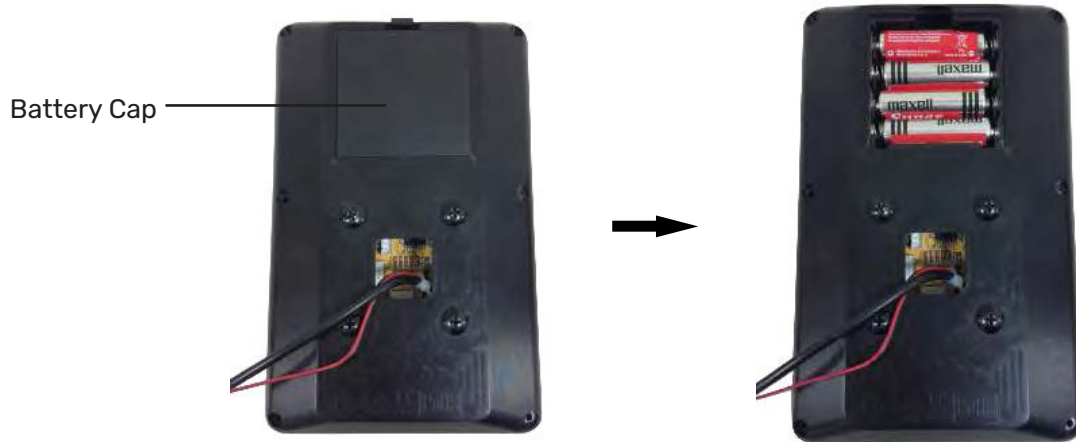


The wireless chest belt is an optional accessory.

Monitors use a 5kHz wireless connection. **Monitors do not have BT/ANT+ connectivity.**

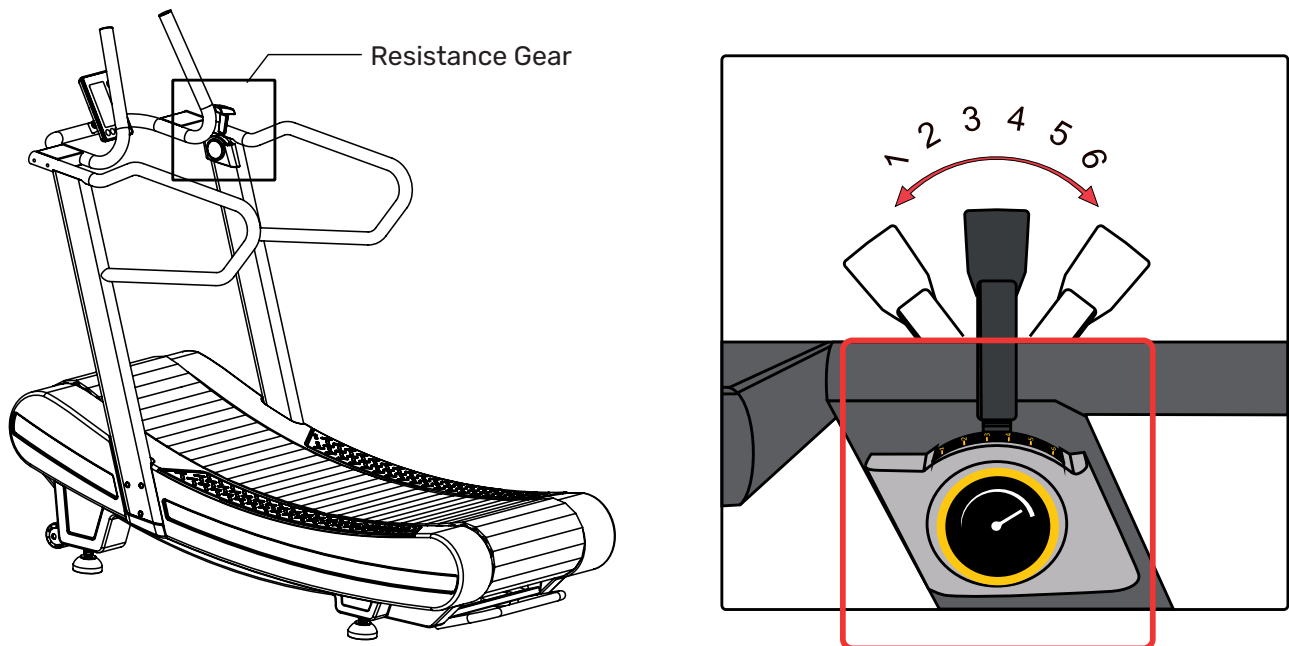
## Computer Battery Replacement

To test the computer batteries, drive the running belt until the computer “wakes up”. If the battery is low, unscrew the computer on the stand and detach the battery cover. Remove old AA batteries and replace with new ones.



## Resistance Adjustment

The running resistance or effort needed to push the running belt can be adjusted by adjusting the Resistance Sticker. There are 6 levels of adjustment. 6 is the toughest, 1 is the easiest.



**WARNING:** Please do not change to the highest level while you are running freely.

# Before Workout

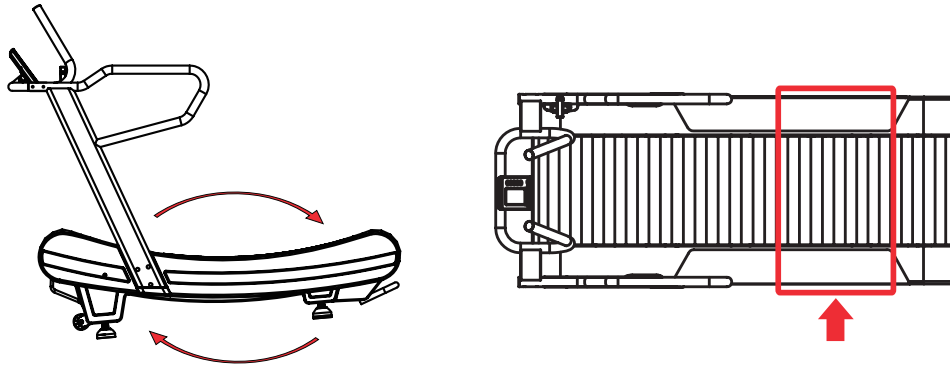
## One Way Drive Mechanism

The non-monotized running surface is designed for the user to control and actually drive or turn the belt.

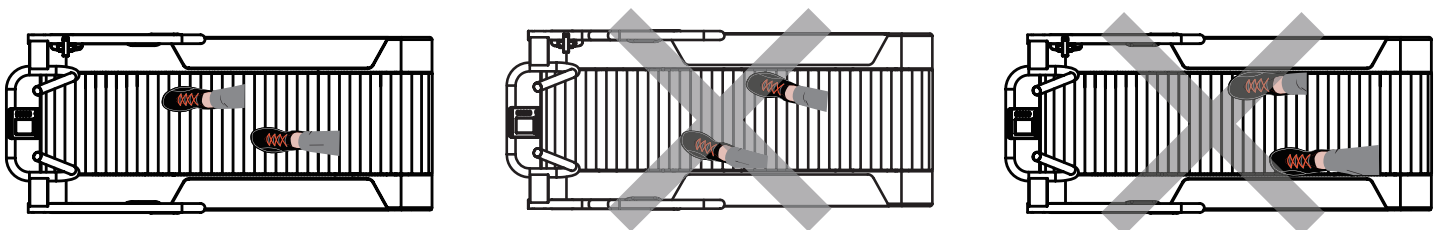
For the safety of user, the running surface only rotates in one motion that allows forward running use of the machine (as opposed to reverse).

## Entrance & Exit

Enter the treadmill from the side.

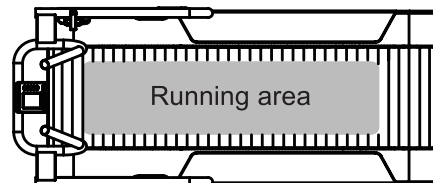


## The Right Way to Run



## Running Area

The gray zone below is the running area. You can adjust the speed by controlling the center of gravity, running toward more forward, moving faster, and vice versa.



**WARNING:** Always use the handrails when entering or exiting the treadmill.



**WARNING:** Running belt moves freely so please hold the handrail during the exercise in the beginning of training.

# YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE BLITZ MANUAL TREADMILL? CHECK OUT THE OVERVIEW VIDEO:



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Toronto Store 39 Haist Ave # 2, Woodbridge, ON, Canada

[support@bellssofsteel.com](mailto:support@bellssofsteel.com) | 1-888-718-7997